

## Race Day Checklist

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### Bike Stuff:

- Bike
- Tool kit
- Spare tubes
- Lube
- Pumps (floor, bike) & CO2 Cartridges
- Extra set of wheels (if you have them)
- Trainer & front wheel stand
- Extra Tires (if race conditions change)

### Logistics:

- WSBA race numbers & safety pins
- USCF or NORBA racing license
- Directions to the course & Start Times
- Checkbook/money to pay for entry fees, etc.

### Food:

Eat a well-rounded meal (protein & carbs) 2½ to 3 hours before your race. In addition, bring:

- 2 full bottles (h2O/mix)
- gel/bars
- Post-race hydration (Nalgene bottles work well)
- Post-race food: sandwich, fruit, recovery shake, etc. (may require a small cooler)

### Sundries:

- First aid kit (including Advil)
- Sunscreen
- Wet ones (to wipe grease off your hands)
- Noxzema (for chamois)
- Toilet Paper
- Muscle warmer (Tea Tree oil works well)

### Race Clothing:

- Helmet
- Cycling shoes
- Gloves
- Long sleeve/short sleeve jersey
- Shorts/bibs
- Knee/leg warmers
- Vest/jacket
- Rain cape
- Base layers
- Socks (2 pairs)
- Hat to go under helmet (if needed)
- Elastic band/hair clips (if you have long hair)
- Sunglasses (2 pairs)

### Post-Race Clothing:

- Comfortable shirt and pants (layers work best)
- Comfortable socks and shoes (slip-ons are comfier)
- Undergarments
- Vest/jacket
- Hat & gloves (if it's cold)

### Post-Race Comfort:

- Towel (for changing under, clean-up, etc.)
- Umbrella
- Camp chair/blanket (for sitting, stretching, watching other races, etc.)
- Camera (if you want to take pictures of sweaty, snotty people)

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